

eat your GREENS

makemesweatx.tumblr.com



arugula

Arugula inhibits cancer growth and improves immune defenses. It is an excellent choice for building healthy bones.

6 cal per cup
 vitamins: A, C, E, K
 nutrients: folate, calcium, phosphorus, magnesium, potassium, choline, fiber



collard greens

Collard greens help lower LDL cholesterol, regulate blood sugar, and combat osteoporosis. It also boosts the immune system against viral and bacterial infection.

11 cal per cup
 vitamins: A, B6, C, E, K
 nutrients: folate, choline, manganese, potassium, calcium, fiber



iceberg

Although lowest of all leafy greens nutritionally, iceberg lettuce combats anemia, heart disease, and age-related illnesses.

8 cal per cup
 vitamins: A, C, E, K
 nutrients: iron, folate, choline, manganese, phosphorus, potassium, calcium, fiber



kale

Kale is the most nutrient-dense green leafed vegetable. It aids in blood clotting, promotes healthy vision and retinal function, and fights cancer.

34 cal per cup
 vitamins: A, B6, C, E, K
 nutrients: iron, niacin, folate, calcium, manganese, magnesium, phosphorus, potassium, riboflavin, copper



mustard greens

Mustard greens prevent arthritis and anemia, lower LDL cholesterol, battle the onset of heart disease, and offer protection against cancerous growths.

15 cal per cup
 vitamins: A, B6, C, E, K
 nutrients: iron, fiber, folate, calcium, manganese, magnesium, potassium, riboflavin, thiamin



romaine

Romaine lettuce promotes heart health and prevents strokes, as well as cancer. It builds healthy bones, eyes, skin, and mucus membranes.

10 cal per cup
 vitamins: A, C, K
 nutrients: iron, folate, choline, calcium, manganese, magnesium, phosphorus, potassium, fiber



spinach

Spinach improves red blood cell function, strengthens bones, regulates heart rate and blood pressure, and combats free radicals.

7 cal per cup
 vitamins: A, B6, C, E, K
 nutrients: fiber, folate, calcium, riboflavin, manganese, magnesium, phosphorus, potassium, iron



swiss chard

Swiss chard helps maintain connective tissue, controls heart rate and blood pressure, as well as sugar levels. It prevents anemia and boosts immunity.

7 cal per cup
 vitamins: A, B6, C, E, K
 nutrients: iron, fiber, folate, choline, phosphorus, manganese, magnesium, potassium, calcium



turnip greens

Turnip greens enhance collagen synthesis, build healthy bones, combat anemia, and boost immune defenses against cancer and illness.

18 cal per cup
 vitamins: A, B6, C, E, K
 nutrients: iron, folate, copper, manganese, magnesium, potassium, calcium, fiber